



# YOUR RELATIONSHIPS MATTER

Relationships are a gift from God. Like many things in life, sin can break and harm relationships. Below you will find information on what to look for to avoid unhealthy relationships

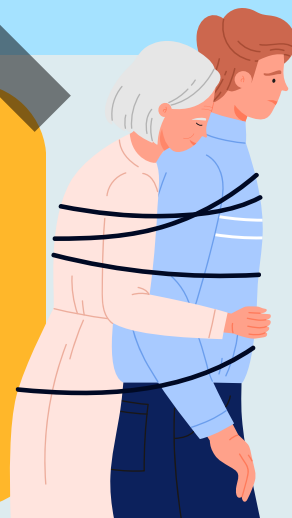


## UNHEALTHY RELATIONSHIPS

Unhealthy relationships focus on power; the more powerful person takes advantage of the other person who desires to serve and uphold. Unhealthy relationships create an emotional disconnection with those who love us and lead to harmful actions such as jealousy, controlling behavior, constant stress, alienation from loved ones, and poor self-care.

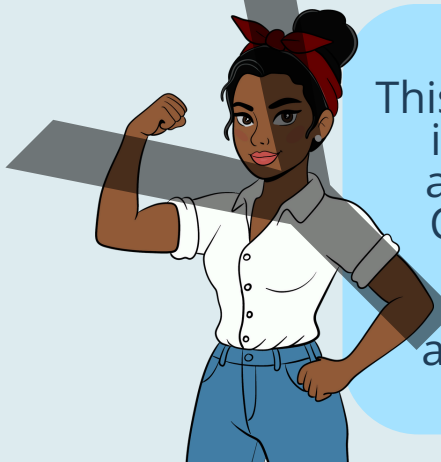
## CODEPENDENCY

Codependency: This type of relationship happens when one person expresses an excessive amount of self-sacrifice for the other and service becomes one-sided. A codependent individual finds his or her sole purpose in fulfilling the needs of the other. All other vocations are neglected. Other codependent behavior includes enabling harmful behaviors and taking on undue blame or guilt.



## HYPER-INDEPENDENCE

This type of relationship occurs when one individual in the relationship is extremely self-reliant and avoids asking other people for support or help. Common signs: An individual displaying hyper-independence exhibits mistrust in others, perfectionism, few to no close relationships, anxiety, burnout, and difficulties in starting and maintaining relationships.



## ABUSIVE RELATIONSHIPS

An abusive relationship exists when one person treats another with violence, disrespect, cruelty, harm, or force. Abusive relationships are a perversion of the community and oneness God desires to give. Common signs can include forced separation from friends and family, interference with work and school, fear, intimidation, gaslighting, threats of self-harm, and physical violence.



**IF YOU ARE TRAPPED IN AN ABUSIVE RELATIONSHIP, CALL THE NATIONAL DOMESTIC VIOLENCE HOTLINE 800.799.SAFE (7233).**